



2013 HIGH SCHOOL PLAYER HANDBOOK

Our Philosophy, Rules and Policies for Squad Development

The following general rules are for your benefit. Since it is impossible to cover every point or eventuality in a statement of team policy such as this, you are expected to conduct yourself at all times in a manner that will reflect credit upon you, your teammates, the football program, and Bentley High School.

Why Rules?

1. They give us a Slight Edge to win with and we will take any slight edge we can.
2. They help us portray a Championship Image.
3. They help you to see if you are willing to Pay The Price and make the commitment necessary to win.
4. They give us Discipline – Team & Self.
5. They develop a sense of Unity, a common bond between team members.

PHILOSOPHY

The Bentley FOOTBALL PHILOSOPHY is based upon an understanding of priorities. Priorities should be placed in the following order:

1. **FAMILY** – We must give them our best. Football demands great sacrifice, but not at the expense of those we love the most.
2. **ACADEMICS** – Each player's future depends upon what you do now as a student.
3. **FOOTBALL** – Each coach and player must commit himself to winning. Nothing worthwhile comes easy. This means that a quality work ethic is expected of you year round.

I. Hustle

Not every man can start or make All-Conference, but everyone can hustle 100% of the time. Never let it be said that a Bentley High School football player quit. Always strive to do more than you are accomplishing. Never be satisfied with the status quo. Run Everywhere at practices and games, never loaf!

II. Show Courage

In football, as in life, you get knocked down quite often. You have to keep getting up with a more determined effort to be successful. (Show of courage is the primary way to get the respect of your teammates.) The more honor and respect among the team the greater the team. There is no way we can win without having great respect for one another.

Be enthusiastic in all you do. At times this will require a great deal of effort, but it is imperative to have such enthusiasm. Constantly try to hustle. Try to pick up a teammate who is temporarily down. A team must be composed of individuals who are constantly trying to assist fellow players in whatever way possible, both on and off the field.

III. Know Assignment

There have been great players who have been deaf, but never one who was dumb. You cannot be a successful player if you blow assignments. You achieve consistency in order to be great. Always be honest and render complete concentration on the duties at hand. When you are on the football field to practice or play – **THINK FOOTBALL!**

IV. Care About Winning

All great organizations are marked by the desire to achieve. Nothing can compare with the thrill of a team all pulling together for one common goal of winning. (If a player makes All-Conference, that doesn't make football a worthwhile endeavor for the third stringer. Winning as a team is what makes football worthwhile. Everybody on the team must contribute to winning.) "Winning is not everything, but the desire to win is everything."

V. Loyalty

If we remain strong from within, nothing from the outside can divide us. (Loyalty is something that must be practiced and preached if you want a sound football program. Loyalty is defending anybody or anything that comes under attack by anyone.)

VI. Sportsmanship

Sportsmanship is a daily thing, on and off the field. You, first and foremost, must be honest with yourself; know your strengths and weaknesses. Cheating to overcome your weaknesses is intolerable.

Never argue with a game official on the field or from the sidelines. This can only be self-defeating. By the same token, willful profanity is inexcusable. Getting into a fight during the game will result in the offender being penalized by suspension for the remainder of the game. Nobody can be an asset to the team when he has been thrown out of a ball game.

VII. Punctuality & Practice

You must be on time to all meetings and practices. Tardiness because of equipment is never tolerated. Get there early! Helmets and refitting problems should be taken care of after practice, not before the ensuing practice.

Penalty for tardiness – **2 GODFATHERS**.

A GODFATHER

-A 100 yd sprint, 100 yd backpedal, 100 yd bear crawl

There should never be a reason for anyone to ever miss a practice. Unauthorized and unreported absence never is excusable and will be dealt with accordingly. No player is excused from practice, unless he has notified a coach, and received permission to miss.

If a player checks out of school sometime during the day, the player must notify the head coach, or If a player is absent from school, he must contact the head coach during the school day to let him know. If he is too sick, a parent must call.

If you are injured or unable to workout, you are expected to attend practice, meetings, and games and assist were possible.

You will come to practice dressed in full gear unless otherwise told by a coach to not dress. Coming to practice not dressed will result in **2 GODFATHERS**

If you are a starter and unable to attend practice because of sickness or injury, the general rule is that the back-up player will start that week.

1 unexcused absence ---- 2 GODFATHERS

2 unexcused absences ---- Country Fair

3 unexcused absences---Will sit out first half of game.

4 unexcused absences--- Team will vote on your fate with the team.

VIII. We Care

The staff, players and managers together make up our football team. Although there is a need for discipline and regimentation, the staff is interested in the team members off the field as well as on the field. Feel free to call on any member of the staff at any time to talk over a problem regardless of its nature.

Email: bentleybulldogfootball@yahoo.com

Website: www.bentleybulldogfootball.com

Twitter: @BentleyFootball

Coach Tomaselli- (810)-577-0187

Coach Losey- (810)-691-9330

There should be no excuse why you cannot get a hold of a coach!

IX. Training Rules

You know the training rules. You have a copy of the weight room rules. If practiced they will help make you a stronger, more self-disciplined person. If you live a lie then you have the face the man in the glass each day. "Live clean, think clean, tobacco, alcohol and drugs are prohibited." Know the rules, abide by the rules and enforce them among yourselves. Help each other. The violation of our training rules, as stated in the training pledge, means dismissal from the squad.

Caught drinking, doing drugs, or smoking in season you will be **removed from the team!**

X. Work to Improve Language

NO PROFANITY- Eliminate swearing and obscene words.

XI. Dressing Room/Locker Room

The varsity locker room is your home away from home during the season and should be kept neat and clean.

NO CLEATS ARE TO BE WORN IN THE SCHOOL BUILDING!

If caught wearing cleats in the school it will cost the **WHOLE TEAM 2 dolphins**.

You will be assigned a locker and lock, please Lock up all valuables before leaving the locker room. Remember, if it is valuable to you, LOCK IT UP!

Leave the locker room clean. Any equipment left out will cost the team **2 Dolphins**.

XII. Equipment

Your playbook is your bible and you will be responsible for taking care of it and every page in it. Likewise, your equipment is the best there is and is school property. Unauthorized lending of it is forbidden and you will be responsible for any mutilation, or loss or theft.

Do not cut or alter equipment. Don't demand equipment. Take any problems to Coach Tomaselli.
Helmets will be worn at all times when on the field. Never sit on your helmet!

Not being prepared for practice, missing any piece of equipment will result in a **GODFATHER**.

XIII. Injuries

Promptly report all injuries, or physical ailments regardless of how minor they may seem. These include blisters, cuts, scrapes, rashes, etc. Injured and not able to dress in full gear, you will nevertheless be required to attend practice and observe your group. The coaches will determine the uniform for injured players.

XIV. Grade Policy

Grades will be checked weekly, and if you fail to stay eligible you will not be able to participate in practice, or that week's game.

XV. Detention and Suspension Guidance

IN- SCHOOL SUSPENSION - Reduction from playing time/ drop in depth chart/GODFATHER/County Fair
-If you have to serve an ISS you will meet and practice with Coach Losey after our regular practice..

DETENTION – Practice with Coach Losey that day.

BOTTOM LINE, IF YOU CAN'T PRACTICE YOU CANT PLAY!

XVI. Study Hall

Study Hall will be held Monday, Tuesday, and Wednesday right after school. You will be doing homework, if you are seen not doing any homework, or fooling around this will result in **dolphins for the team**. The purpose of Study Hall is to help you the student athlete to help keep your grades up.

XVII. General Conduct

Address coaches as "coach" or "sir" unless a particular coach tells you to do otherwise.

If you are dissatisfied with your position, or playing time, don't be a grumbler, work harder and have a great attitude! Communicate with your position coach or member of the coaching staff. We want you to be successful.

When a coach or a team member is speaking to the team or a group of team members, we owe them the courtesy and respect to listen and not talk.

Caught talking, while a coach is talking will result in **25 downups.**

Treat people as you want to be treated yourself. Act like a man, and you'll be treated like a man. Act like a bum and you will be treated like a bum. You know the difference between RIGHT AND WRONG. Do what is RIGHT.

XVIII. Pre-Game/Post-Game Locker Room

Players should come to the locker room to dress for games with a purpose and "a game day face". The pre-game locker room is no place for triviality or horse play. No friends or relatives will be permitted in the locker room before a game and only after the team has met with the coaches at the conclusion of a game.

Bentley High School post game celebrations are never to be done on any field this is reserved for the locker room. On road trips celebrations will be reserved for the bus, teams with class respect their opponents' effort.

NO CELL PHONES WILL BE USED TWO HOURS PRIOR TO GAME TIME. CELL PHONES WILL BE TURNED OVER TO COACHES BEFORE LOADED THE BUS. NO CELL PHONES ON THE BUS.

Time to focus....

XIX. Travel Policy

All behavior is a direct reflection on our school and team. Therefore, we expect the best! We are a first class football program!

1. Be on time to the bus (it will leave on time)!
2. There will be no loud music (headphones are okay) or loud talking on the bus. We want to concentrate.
3. No players leave the group without a coach's permission.
4. No profanity, obscenities, or hanging anything out of the windows of the bus.
5. All members of the Bentley High School Football team are expected to travel with the team, to and from games. This time is utilized for pre-game and post-game meetings with the players. If a exception is needed, the parents need to contact Coach Tomaselli and provide written documentation.

XIX. Giving Up Football

Any Player giving up football and/or is dropped from the team is required to set up a meeting with Coach Tomaselli and turn in all equipment and play book. Certainly, football is not for everyone. Therefore, the Bentley Football Staff will respect any player who comes to us directly and turns in his gear when leaving the team. If equipment is not turned in, the following will be owed.

Helmet = \$ 350.00

Shoulder Pads = \$ 250.00

Pant Pads = \$ 40.00

Game Pants = \$ 60.00 each

Practice Pants = \$ 15.00

Game Jerseys = \$ 100.00 each

XXI. Parents

Please be a positive influence on your sons. All decisions about positions, playing time, etc. are based on what's best for the team. All spectators and parents are encouraged to watch practice sessions, as long as their presence is not distracting or negative. Any negative comments during practice or a game will be cause for removal from practice or a game. Be positive, and lets cheer our kids on in a positive away and on to VICTORY.

We will also need parents to volunteer for team dinners during the season. Please contact Coach Ryan Tomaselli if you are interested in hosting, providing funds, or food to Team Dinner.

XXII. Football Council

The Bentley Football Council is a collection of football players that will come together for disciplinary actions on fellow teammates who violate a rule, disrespect a fellow teammate, coach, administrator, or teacher. The council will meet after practice with the fellow teammate and discuss disciplinary actions of the accused. All disciplinary actions need to be discussed by all the coaches before the

discipline is put into place. The council will be a group of 13 peers 3 freshmen, 3 sophomores, 3 juniors, and 4 seniors. No captains will be on the council.

BENTLEY FOOTBALL PROGRAM TEAM CAPTAIN GUIDELINES

TEAM CAPTAINS:

First of all to be elected a captain is an honor. A captain is a representative of the team who reflects the overall mission of the program. The captains' role is multifaceted. Their main goal is to provide leadership and model for the players. In many ways they are a coach on the field. The captains are not necessarily the best players on the team, but most certainly honest and dedicated members of the program.

The purpose of captains is to serve as spokesmen of the TEAM. Issues such as: team policies, academic situations, off-campus situations, along with any other issues for the betterment of the TEAM will be discussed. This is your team you power the ship, we as coaches are here merely to steer the vessel. If a problem is a major violation of team or school rules the issue should be brought immediately to Coach Tomaselli.

You as a CAPTIAN have a significant responsibility to the Bentley Football Program to:

A) Maintain TEAM chemistry.

B) Police the TEAM from within.

C) Exemplify what it is to be leaders both on and off the field.

The CAPTIANS will meet with Coach Tomaselli periodically throughout the year

EXPECTATIONS OF A CAPTIAN:

- Maintains a 2.5 G.P.A.. with no E's.
- No Excessive absences or tardies.
- Hardest workers on the team.
- Provide a model for the players for a "Championship Attitude."
- Never quits.
- Stays Together.
- Provides constructive criticism for the Head Coach.
- When adversity strikes us, he provides leadership.
- Demands from players to follow rules and guidelines of the program.
- Overall commitment and enthusiasm for the program.
- Unselfish attitude- The True Team Player.

CAUSES FOR REMOVAL OF A CAPTAIN:

- G.P.A. drops below 2.5 and/or failure of a class.
- Excessive absences or tardies.
- Poor work ethic.
- Late to practices.
- Talks back to coaches.
- Mocks and insults other players.
- Lacks commitment and enthusiasm for the program.
- Provides negative feedback for the Head Coach.
- Puts himself above the team.
- Discusses team issues with those outside of the counsel and or coaching staff.

PLAYER & PARENT/GAUDIAN COMMITMENT

Thank you for taking the time to carefully read this material. The coaching staff considers it an honor to work with your sons. As a team family, we must work closely in order to have a positive experience.

Please sign and detach this sheet and give it to the head coach. Keep a copy for your records.

My Parent/Guardian and I have read the player handbook and understand the contents.

(Print player name)

And my sponsor

(Print sponsor name)

We agree to accept responsibility for the attitude, attendance & punctuality, on and off the field. We will do our best to work together to provide a positive experience. Once I (player) have earned the right to be a member of the team, I may not quit without a conference with the head coach.

(Player signature)

(Date)

(Sponsor signature)

(Date)

Please Sign and return this page

To Coach Ryan Tomaselli, Coach Jeff Losey,. Forms can be dropped off at the High School office.